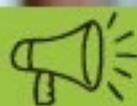


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TO PROTECT
THE TENANTS



VANCOUVERING 

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Baked Eggs with Ham, Spinach and Rice,
on pages 4 and 5.

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Vancouver metro



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'EVERYTHING GONE'

Eyewitness accounts from inside the inferno



**Tim
Querengesser**
Metro | Edmonton

IN FORT MCMURRAY

**Five firefighters talk to Metro about
the harrowing scenes inside Fort Mac:
'And they're sending us back in'**

INSIDE

-  **CITIZEN ARMY**
-  **SYRIANS DONATE**
-  **PET RESCUE**

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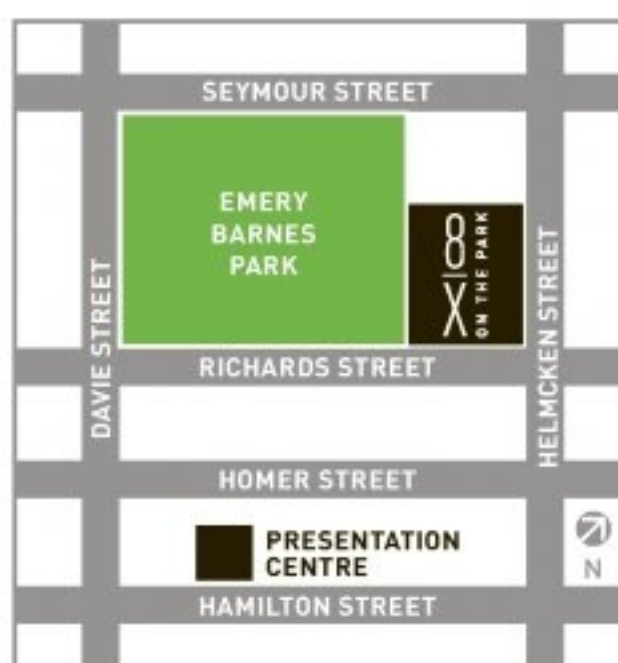
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Mike Fieldhouse and Tamara Soltykevych were just two of the many regular citizens compelled to help victims of the Fort McMurray wildfire trapped along Highway 63. KEVIN TUONG/FOR METRO

Citizen army wants to help

ROADBLOCKS

Volunteers being stopped on approach to Fort McMurray



Tim Querengesser
IN FORT MCMURRAY

Over and over they continued to arrive.

But it's not only officials who want to help the tens of thousands of evacuees — it's regular people.

Along Highway 63, where abandoned cars still line the ditches, a citizen army

of helpers compelled to do something are giving people what they can.

Mike Boyer came from Edmonton on a whim.

"It's hard to sit at home and watch the news and watch Facebook and see all these people struggling sitting behind a computer," Boyer said, with piles of bottled water filling the back of his SUV.

"I went straight to Costco and bought a thousand bucks in water and hit the road."

The police blockade of Fort McMurray hasn't stopped many people from arriving in the town wanting to offer something to the 20,000 trapped at an oilsands camp north of the city.

All around them is a blaze

that has grown to an almost unfathomable 85,000 hectares, sending the loved ones of those trapped into a near panic.

And if Wednesday was the day of the monster fire cloud, Thursday was the day of help arriving — from Canadian Task Force Two to endless convoys of police and fire vehicles from across the province.

Some came so far only to be stopped at the edge of the city, and those people made their frustration clear.

"Why do you have the road blocked if you have volunteers lined up for miles?" asked Rob Davidson at the check stop.

Davidson drove more than eight hours from his home in Calgary, his truck packed with gasoline, diesel, diapers and toilet paper.

"There's people down there waiting (to help), there's people over here waiting, and yet we can't get through," he

said. "Here we are on Day 11 (of the fire) and we finally got the (Canadian Task Force Two) disaster relief. It's very unorganized."

Soon after Metro spoke

with Davidson, the southern edge of the fire that had closed access to Fort McMurray advanced and all people were told to evacuate south.

Tim Querengesser is the managing editor of Metro Edmonton. He has written about Fort McMurray for various publications and has covered western and northern Canada since 2008.

'I can't just sit and watch'

The human emotion at the southern end of Fort McMurray, still barricaded by police for all but emergency personnel, was encapsulated Thursday in the form of Mehdi Tasbihsazzadeh.

Tasbihsazzadeh — for unexplained reasons dressed in camouflage — marched up to two police officers at the barricade Thursday morning and pleaded repeatedly to be let through.

"I can't just sit and watch," he said loudly, explaining that his mother and father are in a northern camp.

"Everything I have is down there," Tasbihsazzadeh pleaded, pointing toward Fort McMurray.

"There's nothing you can do here," a police officer replied, adding that even his own house, just like Tasbihsazzadeh's, was threatened and that he was following directions to stay safe.

Only a few kilometres away, the southern edge of the wildfire was burning and had spread to both sides of Highway 63, the only road into the city.



Mehdi Tasbihsazzadeh
KEVIN TUONG/FOR METRO

Dejected, Tasbihsazzadeh returned to his van, where he slept Wednesday night, and said he'd stay for "two weeks" if he had to. TIM QUERENGESSER/METRO



I went straight to Costco and bought a thousand bucks of water and hit the road. Mike Boyer

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Firefighters Cory, Cole, Tarren, Charles and Jason took a minute Thursday to refuel in Wandering River before heading back to fight the wildfire threatening parts of Fort McMurray. They declined to offer their last names as they were not authorized to speak to media. KEVIN TUONG/FOR METRO

Firefighters called back to the flames

WANDERING RIVER

Firefighters speak of scenes inside Fort McMurray



Tim Querengesser
Metro | Edmonton

Outside the A&W in Wandering River — the only place within 250 kilometres of isolated Fort McMurray that you can still buy a hot meal — a crew of five firefighters scarfed down french fries Thursday before jumping back into fighting the flames.

The crew, part of Alberta Wildfire forces, have been fighting the blaze within Fort McMurray for the past five days. But on Wednesday night, as the wildfire grew and began pouncing upon the city's airport, even they were forced to evacuate.

On Thursday, they were heading back in.

"We were like going to bed, trying to go to sleep, and we got evacuated from there, to Boyle (a town 300 kilometres south of Fort McMurray)," said one of the firefighters, a young man we will not name as he was not authorized to speak to media.

"It's just mayhem, it's crazy," he said. "They finally got a plan together so they're sending us

back in today. We're going to the airport right now, actually, and all the other crews are going to designated sites."

The firefighter, wearing a yellow suit darkened with ash, said he's felt afraid and on edge throughout the fight, as the flames are intense. He said he's been drinking 20 bottles of water per day, just to deal

on Fort McMurray are even more poignant.

"It's just gone man," he said.

"It's mayhem. Everything — houses, everything, gone. Walmart's gone, Shell blew up. We heard the explosion. We were right there, down by the river. We got pulled out of there."

His boss came to the truck and told everyone it was time



It's mayhem. Everything — houses, everything, gone.

with the heat.

And he said he's seen this all before — he fought the Slave Lake fire, too.

For that reason, his thoughts

to go.

"Last night was a 22-hour day, with two to three hours' sleep if you're lucky," he said. "And they're sending us back in."

FUNDRAISING

Red Cross receives \$11M in donations



Aaron Chatha
Metro | Calgary

As fires rage in Fort McMurray, there has been an outpouring of support from Canadians. As of Thursday, the Canadian Red Cross had received \$11 million in direct donations.

"We know Albertans are stepping up to help the people

of Fort McMurray; that's what Albertans do when people are in need," said Alberta Premier Rachel Notley in a statement.

"The most effective thing people can do right now is make donations to the Red Cross, knowing our government will match those funds."

Notley said the Alberta Government will match Red Cross donations in support of Fort McMurray, and will provide

the Red Cross an additional \$2 million in seed money to kick-start operations.

"Homes have been destroyed. Neighborhoods have gone up in flames. The footage we've seen of cars racing down highways while fire races on all sides is nothing short of terrifying," Prime Minister Justin Trudeau said in Parliament on Thursday, calling it "the largest fire evacuation in

HOW TO DONATE

Donations can be made through redcross.ca or by calling 1-800-418-1111.

Alberta's history."

He said the federal government will also match individual charitable donations to the Red Cross.

Refugees giving back

COMPASSION

Volunteers put together hygiene kits for evacuees



Lucie Edwardson
Metro | Calgary

Syrian refugees are giving what little they have to support those who can do nothing but watch as their lives and homes burn in Fort McMurray.

Rita Khanchat, who, along with her family, came to Calgary in late December as they fled the civil war in Syria, said they know what the people of Fort McMurray are going through.

Khanchat and her family along with other Syrian refugees and volunteers from the Syrian Refugee Support Group (SRS) are putting together personal hygiene kits for evacuees.

Saima Jamal, co-founder of the SRS, said this is one of her proudest moments since starting the volunteer organization. Jamal said all the refugees the SRS has helped are donating at least \$5 and whatever else they can afford.

Jamal said since posting the initiative online she has seen many people who were against bringing refugees to Canada have a change of heart.

"They are now seeing firsthand that they are people with humanity just like the rest of us, and they want to help in any way they can, too," she said.

The refugees are collecting hygiene items such as shampoo, conditioner, toothbrushes and toothpaste as well as feminine products.

They are compiling them into 99 Hampers of Hope (the name given to a similar effort to help Syrian refugees when they arrived) that will be donated and taken to evacuees both in Calgary and elsewhere.



Elie Kallas on the shoulders of his father, Salem Kallas, with wife and mother Rita Khanchat, right, SRS co-founder Saima Jamal, centre. JENNIFER FRIESEN/FOR METRO

Danger delays rescue of abandoned pets



Jeremy Simes
For Metro | Calgary

Help is on the way for some of Fort McMurray's displaced and stranded animals, though the situation appears to have worsened, according to SPCA workers in the area.

After raging wildfires on Tuesday left more than 200 animals stranded in their homes, Suncor Energy and numerous Calgarians donated more than 300 crates so furry friends up north can be easily transported with their owners.

On Thursday, rescuers said they don't expect to conduct rescue operations until Monday, according to RJ Bailot, executive director with the Alberta Spay Neuter Task Force.

"It's still too dangerous to go into town," Bailot said. "We know animals are in people's cars that have been abandoned on the road — they just couldn't take them."

Bailot said more than 100 pooches and pigs at the MacKenzie Boarding Kennel near the airport have been abandoned by keepers as they were told to evacuate Wednesday night.

talk about **fresh solutions**

Baked Eggs with Ham, Spinach and Rice



Prep Time: 10 minutes | Cook Time: 22 minutes | Makes 4 Servings

Ingredients

4 cups (1 L) Western Family Organics baby spinach

1 tsp (5 mL) butter, extra for buttering the baking dishes

½ cup (125 mL) Western Family long grain white or brown rice, cooked

2.5 ounces (35g) Schneiders ham, cubed

4 large eggs

½ cup (125 mL) heavy cream

¼ cup (60 mL) Asiago cheese, grated

Salt and pepper to taste

Directions

1. Preheat oven to 375°F (190°C). Butter 4 – 6 ounce ramekins or small baking dishes with butter.
2. Cook spinach in microwave for 1 minute and stir in butter. Season with salt.
3. In each baking dish, place 2 tbsp of cooked rice. Divide ham between four small baking dishes and top with ¼ of spinach. Crack an egg on top of each prepared baking dish and spoon over 2 tbsp of heavy cream.
4. Season eggs with salt and pepper and top with grated Asiago cheese.
5. Place baking dishes on a small baking sheet and bake in oven for 18 to 22 minutes. If a softer egg is preferred, bake 18 minutes. Serve hot.

Tip: To make this a complete meal for lunch or a light dinner, add a side garden salad.

save on foods

VANCOUVERING



with icons by Danielle Vallée from the noun project

Hot housing market threatens renters

Advocates seek improved rent controls to protect tenants

CAFÉ POLITICS **DECREASE THE LEASE****Neal Hall**
For Metro | Vancouver

Vancouver's hot housing market is putting the squeeze on the largest segment of the housing market — the 51 per cent of the city's population who rent.

As housing prices spiral upward and apartment properties get flipped, rents are going up, pushing low-income and working people out of the city to find more affordable rents.

DJ Larkin, a lawyer and housing campaigner with Pivot Legal Society, says the provincial government needs to improve existing rent controls to better protect tenants.

She said the current rent control — landlords are allowed to raise a tenant's rent by 2.9 per cent a year (two per cent plus inflation) — should be tied to the unit rather than the tenant, which is how Montreal uses rent control to keep rents down, Larkin said.

As it stands now, when a tenant moves out, the landlord can jack up the rent to whatever the market will bear, she said.

The most recent report by Canada Mortgage and Housing Corp. says the average monthly

rent in Vancouver for a two-bedroom apartment was \$1,368 last year, up an estimated 3.9 per cent from 2014, with the highest rents near the downtown core.

Larkin says the city's rising rents, low vacancy rate of 0.6 per cent and limited social housing stock are making it more difficult for people trying to subsist on fixed incomes such as welfare and disability benefits, she said.

"Fixed income people are being squeezed out," Larkin said. "Rent rates go up year after year but welfare rates are not going up at all."

A single person on welfare gets \$610 a month (the rate hasn't increased since 2007), with the limit on rent set at \$375 a month. A person with a disability gets \$906 a month.

Larkin said some single-room-occupancy hotels in Vancouver's Downtown Eastside are offering cash incentives for tenants to move out, then rebranding the hotel as student housing and raising the rent to \$500 a month or more.

Jean Swanson of the Carnegie Community Action Project, said some SRO hotels recently sold to new owners are offering tenants up to \$2,500



DJ Larkin, lawyer and housing campaigner for Pivot Legal Society in Vancouver. JENNIFER GAUTHIER/METRO

to move out.

"That's a lot of money to a person on welfare," she said. "They get rid of you by buying people off."

After low-income tenants voluntarily leave, the building owner does modest renovations such as new laminate flooring, then raises rents to \$900 a month or more, Swanson said.

But once the low-income person moves out, they have difficulty finding another decent \$375-a-month room in Vancouver, she added.

"It's really hard to get a place," Swanson said. "We need rent controls based on the unit,

not the tenant."

Mukhtar Latif, Vancouver's chief housing officer, said the city has already taken measures to protect tenants and the existing stock of rental housing.

Last December, he noted, the city brought in a new bylaw to protect tenants being evicted for renovations or redevelopment of an apartment block.

Under the new rules, landlords have to pay six months of compensation to tenants being displaced. Tenants also get help trying to find another place with similar rent in the same neighbourhood and the tenants

have the option of moving back into the new/refurbished building at a 20 per cent discount off market rent, Latif said.

The city also has signed agreements to encourage building new rental units. The agreements are for 60 years or the life of the building, he added.

"We have initiated a new supply of rental housing — 12,000 units in the last five years," Latif said. "Council's target is 1,000 units a year of social housing and market housing."

Latif added: "What we're looking to do is provide a range of (rental) housing. At the mo-

ment, we've not got enough supply."

Between 2005 and 2011, only about five per cent of new units were rentals, but city initiatives have now raised that to 20 per cent, he said.

B.C.'s housing ministry said the current rent control formula is two per cent a year plus inflation.

"Limits on rent increases balance landlords' need for a fair investment return with the need to keep rental housing affordable," the ministry said in a statement. "We are not currently contemplating any change to this formula."

“Rent rates go up year after year but welfare rates are not going up at all. DJ Larkin, housing advocate



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VANCOUVERING



FOOD NOTES BROTHER-SISTER TEAM HONOUR PARENTS WITH VIETNAMESE EATERY

**Erin Ireland**
Metro | Vancouver

While sitting in traffic at Main Street and 18th Avenue, I glanced over to notice a seriously eye-catching dining room. I didn't recognize the space. But it seemed too beautiful not to know. The sign read, Anh + Chi.

For 18 years, 3388 Main St. — the address I'd been admiring — had been home to Pho Hoang, an iconic Vietnamese restau-

rant run by Ly and Hoang Van Nguyen. Their children, Amelie and Vincent, are the new owners of Anh + Chi and their mission is to honour their parents' legacy on the very cement floor laid by their late father in 1996.

Another similarity between Pho Hoang and Anh + Chi is the head chef, their mother, and the many other kitchen staff members who've been with the family for 20 years. Aunts, uncles, cousins and sisters have also pitched in to help execute the vision, which took two years of hands-

on planning and design, followed by seven months of construction.

"What warmed our hearts when walls and fixtures were coming down was learning that our dad had built the previous restaurant with the highest quality of materials, and affirmed his teaching to us that 'when we do something, do it once, do it right,'" Amelie shared.

Pho Hoang regulars will recognize a handful of the Anh + Chi menu items, including the Veggie Pho, Lemongrass Chicken & Rice and Crisp Fried Spring Rolls.



The Cay Me Salad Rolls served with an addictive soy-based dipping sauce at Anh + Chi.

ERIN IRELAND/FOR METRO

Lighter fare, like salads, fresh rolls and a family-style dinner menu are part of the new era. Try the Cay Me Salad Rolls with fried organic tofu, shredded coconut, fresh julienne vegetables and crunchy-roasted peanuts served with an addictive soy-based dipping sauce (I enjoyed them so much, I ordered two).

This delightful community-minded eatery — whose patio will open by summer — is open daily from 11 a.m. to 3 p.m. for lunch and 5 to 11 p.m. for dinner. <http://anhandchi.com>

Nutritious food delivery a recipe for clean eating



HEALTHY OBSESSION

MEAL PREP MADE SIMPLE

**Thandi Fletcher**
Metro | Vancouver

Take-out food doesn't often conjure images of fresh, healthy cuisine, but a slew of Vancouver-based companies are trying to change that.

Dozens of healthy meal delivery services have sprouted up in the city in recent months, taking grocery shopping and meal prepping off the plates of busy professionals looking for a convenient and less time-consuming way to eat clean and get lean.

While some companies specialize in meal kits, delivering fresh ingredients along with recipes for customers to make themselves, these subscription services take all the guesswork out of cooking, delivering dishes that are already prepared and ready to be eaten.

At Kondi Kitchen, owner and operator Lisa Kondi says business has been booming since she launched her meal delivery service last August.

"It's crazy the demand, and this city is amazing for it," she told Metro. "Everyone lives their life here around being active and healthy ... but seeing how busy people are, to have that convenience coming straight to your door, it's such a great option."

The process is simple: Customers order online before noon the day before they want their



Lisa Kondi, owner and operator of Kondi Kitchen, prepares fresh and healthy meals for delivery in the kitchen at the Uncommonssary on Powell Street. JENNIFER GAUTHIER/METRO

meal delivered and can choose to either pick it up themselves or, if they live downtown, have it delivered for an additional \$5.

Meals at Kondi Kitchen, which range in price from \$9 to \$14, include dishes like organic turkey meatballs served on a bed of fresh zucchini noodles, and a raw pad Thai salad bowl made of spiralized zucchini, edamame beans, red peppers and cashews drizzled with a creamy almond butter dressing.

Kondi believes the flavours of her dishes — especially her dressings, which she is hoping to start bottling — are what appeal to customers who like to eat healthy but don't know how to make their meals also taste appealing.

Meanwhile, companies like Fitness Foods specialize in fresh-made organic and paleo meals made entirely of organic ingredients. Single meals are priced at \$15.50.

Co-owner Tiffany Brown says convenience is the most important factor driving the demand for services like Fitness Foods.

"It's like a McDonald's drive-thru but it's healthy," she says with a laugh. "Everyone's so busy. Most of us are striving to build a career and we just don't have time for things like cooking."

While a full week's worth of delivered meals might seem pricey, Brown says the service is good value compared to what customers might spend at a gro-

cery store.

"If you're buying 100 per cent organic, you're paying a lot of money," she says. "Not only do you have to have the time to cook it all, but you will probably have leftovers that you're going to throw out. You're almost losing money that way."

Healthy meal delivery services don't only cater to those looking for a full meal. Naked Snacks is a subscription service that delivers wholesome snacks straight to a customer's office or home.

Neil Thomson, founder and CEO of Naked Snacks, says the snacks are designed based on the 80-20 nutritional philosophy, meaning 80 per cent of the ingredients are wholesome and 20 per cent are "earned indulgence."



VANCOUVER TRENDING BUILDING BONDS

Rise of rock choirs uniting communities

**Amy Logan**
For Metro | Vancouver

As a member of a roots country band for a decade, Jenny Ritter loved singing harmonies.

But after her band broke up, she found herself yearning to sing with other people again, and started teaching a group of friends vocal harmony basics.

Within a month, she had 16 people. That group has now ballooned into two full choirs of about 35 people each. Their repertoire ranges from current songs by Lorde and The National to older music by the likes of Joni Mitchell and Cyndi Lauper.

"Rock choirs are completely blowing up around here," said Ritter, founder and choir director of the Kingsgate Chorus and Mount Pleasant Regional Institute of Sound.

"People aren't really attending church in the same way they used to. But they are still looking for community, a chance to feel like they're a part of something."

One friend and choir member, Ian Bryce, has started his own rock choir, ESCHOIR, and all three groups operate under the umbrella of the East Van Choir Collective.

"People have met in the choirs and made great friendships, romantic relationships, and even new job opportunities," Ritter said.

Fiona Sizer, who along with music director Matt Smith, helps organize and promote the Impromptu Rock Choir, has also seen an increasing number of Vancouverites seeking out the relaxed vibe and sense of community that a rock choir offers.

Sizer just wanted to sing, but after joining several traditional choirs, she grew frustrated with restrictive rules like "no perfume" and "no laughing," she said. Impromptu has no auditions, and there is no need to know how to read music.

"There is something very bonding about singing in a group," said Sizer, adding that for some members, joining the choir has helped them feel less isolated and others have told her that it has "saved their lives."

With drop-in nights in East Van Tuesday nights and North Van Thursdays, they have just added a third location in Kitsilano on Wednesday nights due to growing demand.

Material ranges from Florence and the Machine and Blur to Bowie and Prince.

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Farmers market gets forced out

COURT PETITION

Moving from Yaletown to Queen Elizabeth Theatre plaza



Matt Kieltyka
Metro | Vancouver

Vancouver Farmers Market organizers rang in its new season in Yaletown on Thursday by breaking the news to visitors that its stint there is coming to an end.

The popular weekly afternoon market on Mainland Street will move to the plaza outside Queen Elizabeth Theatre in June after a group of businesses — including Earls, Yaletown Brewing Company and the Yaletown Distillery Bar + Kitchen — launched a court petition against the Yaletown Business Improvement Association last month alleging the market restricts parking and access to their businesses and has had a negative effect on them.

Rather than become embroiled in a nasty battle, Vancouver Farmers Market (VFM) chair Carla Shore said organizers would rather move to a location where they are welcomed.

"We very much feel like we're being forced out by a small group of merchants but we don't have a lot of choice right now," said Shore, minutes after cutting the ribbon



Vancouver Farmers Market is moving the plaza outside the Queen Elizabeth Theatre following a lawsuit by a number of businesses in Yaletown. MATT KIELTYKA/METRO

to open the market for a new season. "Our farmers' markets are all about community and building community, and to be in the middle of a controversy like that ... who knows what the next step in their lawsuit is? They haven't come after us, but we're a non-profit. We don't have the resources to fight a lawsuit."

The market first set up shop in Yaletown in 2013 and has become VFM's second-most visited spot. It generated more than \$678,000 last year and attracted 4,000 people each week.

Shore said the market has been working with the Yaletown BIA, which she said supports the market along with the majority of businesses in the area, to try to resolve any complaints but

felt it had to move when the Queen Elizabeth Theatre location was made available.

"Permanency is a big issue for us, this move underscores why it's so important," she said.

"We have no permanent space or buildings. We have permits but only for a year, year-after-year. So if somebody should decide we don't belong there or that the location doesn't suit them, we're out of luck."

Once VFM finalizes its agreement with Vancouver Civic Theatres, it will move to the Queen Elizabeth Theatre location starting June 2.

Until then, VFM will continue to hold a market in the 1200-block of Mainland Street in Yaletown every Thursday from 2 to 6 p.m.



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Squamish Nation Trades Centre recruiting First Nations individuals. Status, Non-status, Métis or Inuit people to participate with the following funded programs located in North Vancouver:

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May 9 - July 15, 2016

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Program Funding includes: \$100/week training incentive, start up tools for work practicum after completing program, travel assistance, steel-toed boots, rain gear, continental breakfast & lunch provided.

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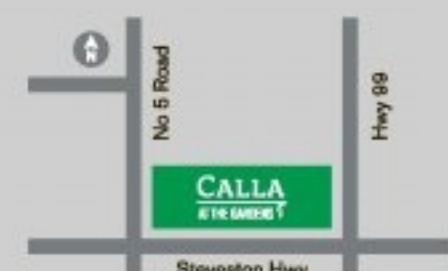
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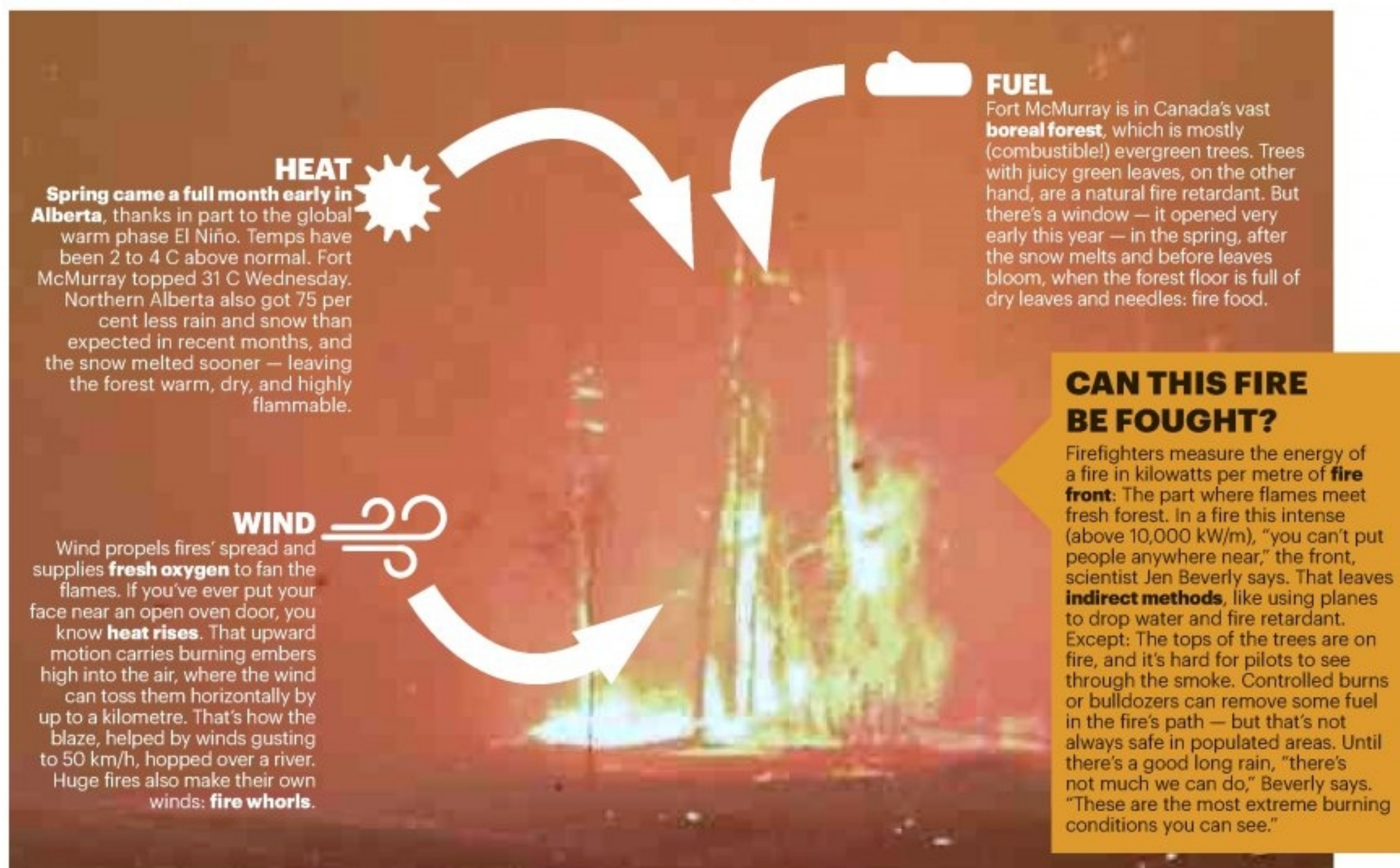
DREAM DRAGONS
New science suggests it's not just birds and mammals: Australian dragon lizards have dreamy REM sleep, too.



DECODED Wildfire science

FANNING THE FLAMES OF DISASTER

Forest fires happen every year, and a bit of burning is important for a healthy ecosystem. But this season is different — and not just because **the city of Fort McMurray is in the path of destruction.** In the words of Jen Beverly, who teaches fire science and management at the University of Alberta, this conflagration is “about as explosive as you can get.” Here’s why.



GRAPHICS BY ANDRÉS PLANA/METRO, TEXT BY GENNA BUCK, WITH FILES FROM AARON CHATHA, PHOTO: HOLLY AYEAST/THE CANADIAN PRESS

FINDINGS

Your week in science



THE WAY TO A LAB’S HEART

... is through his stomach, as Labrador retriever owners everywhere know. Now science supports them: A new paper in *Cell Metabolism* identifies a gene variation found in the most “food-motivated” labs. A.K.A.: These pups will do anything for treats, including obey commands. It seems to be more common in service dogs — and obese ones.

THE BEST (FLU) SHOT

Babies whose moms get a flu shot while pregnant are 70 per cent less likely to have a confirmed case of flu in their first six months, says a Utah study of 245,000 mothers.

SOUND SMART



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PHILOSOPHER CAT by Jason Logan

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CITIZEN SCIENTIST by Genna Buck

Can I grow vegetables in my condo?

How does science say I should grow veggies indoors in a condo? — Ed, Mississauga, Ont.

First, a disclaimer: Every plant I’ve ever owned has died in my care, with the sole exception of the withering rose on my desk, and its days are numbered.

I’m used to wading in B.S. (bad science) online. But never have I found more conflicting information, all of it claiming to be scientific and authoritative, than when I searched for gardening tips.

I’ve learned when I’m out of my depth, experts are infinitely more useful than expert sources. So I put your question to Ontario Master Gardener Caileen Viscoff. (Master Gardeners are teachers and speakers who’ve taken scientific courses in horticulture). Her advice is simple: “Think like a plant.” Plants need air, light and water, and take in nutrients through their roots. The bigger the plant, the deeper the root.

I’m afraid Viscoff poured a watering-can’s worth of cold

water on your plans, Ed: “You don’t want to be planting seeds indoors and expecting you’re going to have a vegetable garden. It’s not going to work,” she said.

Buy plants, not seeds, she advised, and try starting with a small cherry tomato in the deepest pot you can find. Herbs and salad greens can also be coaxed to grow in a condo, but that’s about it: “Most window boxes are not deep enough. Don’t expect veggies like peas and carrots unless you have a balcony.”

If you’re balcony-less, a sunny, south-facing window is the next best thing — but it’s a poor substitute for the hours of direct sunlight most fruits and vegetables need every day. And crack it: Your condo air is probably stale.

Beautiful but inedible things like orchids and violets fare the best indoors, Viscoff said. As for most vegetables? “That’s what the farmers’ market is for.”

Science Question?
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TEAM CAPTAIN AMERICA



The Falcon Anthony Mackie

Captain America's perennial sidekick, The Falcon takes up with his super-pal in the battle against government regulation of superheroes. A former para-trooper, he uses a specialized winged jetpack to fly like, well, a falcon. An Avengers recruit, he's also responsible for bringing Ant-Man into the fold.



Ant-Man Paul Rudd

After uncovering an incredible suit that enables him to shrink to the size of a bug, Ant-Man now lends his shape-shifting wardrobe to Captain America's fight. The truth is, in the comic book version, Ant-Man was killed off prior to the events of Marvel's Civil War.

YOUR GUIDE TO CAPTAIN AMERICA'S UNIVERSE

With Marvel superheroes battling on the big-screen this weekend, it's hard to keep up with who's fighting who. We boil down the blitzkrieg in our Captain America: Civil War glossary.

STEVE GOW/FOR METRO



TEAM IRON MAN



Black Widow Scarlett Johansson

Torn between teammates, the Avengers enemy-turned-member ultimately chooses Iron Man's pro-stance on government supervision of heroes. A martial-arts master armed with an electro-shock weapon called the Widow's Bite, the one-time assassin has a big role to play.



Black Panther Chadwick Boseman

He'll soon have his own movie but first Black Panther has to partake in a little Civil War. He chose Iron Man's side after the African crown prince suspects Bucky Barnes is responsible for his father's assassination. A combatant with acrobatic skills, Black Panther is further favoured by a special suit.



Bucky Barnes Sebastian Stan

Introduced to filmgoers as the Winter Soldier in the previous Captain America movie, the now-brainwashed Bucky sides with his old friend. Although he has no superpowers, Barnes is an Olympic-class athlete so skilled in combat he actually took over as Captain America following the Civil War-years in the comic universe.

Vision Paul Bettany

Not your average superhero, Vision was an evil synthetic humanoid that was reprogrammed by Tony Stark in Avengers: Age of Ultron. Naturally, he's taking Iron Man's side and lucky for him - Vision can control his density and even partially materialize within other people, which presumably really hurts.



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THE TV DINNER JESSICA ALLEN



OMG do you think superhero movies are a response to the 2008 financial crisis?

ism to be the Citizen Kane of the 21st century.

I also posed a question: "So tell me: if Paul Thomas Anderson directed a superhero movie, would you watch it?"

"Excuse me?" asked Simon.

"I'm having a cinema crisis," I said. "Even though some critics are saying Captain America: Civil War is the best superhero movie yet, I have no desire to see it. When did I lose interest in these DC and Marvel movies? Ok I know: it was after The Dark Knight Rises, or maybe Man of Steel: There is a battle scene in a Manhattan-like setting where sky scrapers crumble and citizens run around the streets covered in debris. I tapped out."

"Was it the incredibly jarring CGI effects?" he asked.

"I think I felt numbed by it," I said. "But in this new

THE MOVIE:
There Will Be Blood



Captain America, apparently Iron Man is disturbed by all the civilian deaths on account of his sky-wrestling with villains. There's morality! So am I selling these superhero movies short just because I assume they're going to be more of the same?"

"Of course you are," Simon said.

"Because I'm a snob?"

I asked. "But I love action movies! And I am a child of

THE MEAL:
Tacos



Steven Spielberg! Not literally, but Jaws is one of my favourite films, and people in the '70s said it was the 'death of cinema' like a lot of critics do today with superhero movies."

"The answer to the first question is that you have a personal fondness for Jaws and you could suspend critical faculties because it means something to you," he said. "But you have no

reason to do that with contemporary superhero movies."

"But I did for Tim Burton's Batman, and I loved Richard Donner's Superman," I said. "So maybe the question ought to be: Why suspend disbelief for one and not the other?"

"You were also a lot younger when those hit theatres," he said. "And look at what we're eating tonight. This is a meal from your childhood. You can gussy tacos up with your 'downtown' ingredients, but they probably wouldn't taste as good if they didn't taste just a little like your childhood."

"They really are delicious. I think it's the fresh cilantro," I said. "Or the avocado."

"Personally, I don't have a lot of things in my life that I can control in terms of 'being an adult,'" he explained, "but I can choose not to engage in this perpetual adolescence which is the mode of our culture right now. I get that people need to escape in life and that's what movies are for..."

"Like when people lined up to see Shirley Temple," I said.

"Sure, and also: what are

the chances that the single greatest economic depression in the history of U.S. would produce the single greatest flowering of comedy, in the form of screwball?"

"OMG do you think superhero movies are a response to the 2008 financial crisis?"

"I think today there's little impetus for people to give up childish things. But there is for me — and I don't care how many great jokes I'm missing."

"Iron Man is very funny," I said.

"I'm sure he is. Listen, I'm not ashamed to admit that I'm a cultural elitist. I want film to be fortifying. Some people may have walked out of There Will Be Blood wondering why would you want to subject yourself to that? It's exhilaratingly nihilistic. That's precisely why I loved it. That's how I want art to make me feel."

"But what if Paul Thomas Anderson directed a superhero movie?"

"Oh god," he said. "I would watch it in a second."

Jessica Allen is the digital correspondent on CTV's The Social.

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The Bad Mother makes a good point

COMEDY

Film portrays the stresses of working and parenthood

Steve Gow
For Metro Canada



Filmmaker Sarah Kapoor gave her mom a mother's day gift she'll never forget — she cast her in a movie about motherhood.

"Well, I didn't have to pay her," laughed the actor-director about working alongside her mom in the new comedy *The Bad Mother*. "That was probably the riskiest casting decision of all but we wanted to make the movie (and) it was a way to skip the acting costs and start filming right away."

Kapoor's benevolence wasn't just limited to her mother either. In fact, the film experience extended to the whole family as her husband and kids also appear in the movie of a mom so fed up



Director Sara Kapoor stars in *The Bad Mother*, available on Video on Demand. CONTRIBUTED

3 DIFFERENT MOVIE MOMS

The Wise Mom

Sally Field filled her son with optimism and sensible schooling like "life is like a box of chocolates" in the Oscar-winning hit *Forrest Gump*.

The Protector

In *Terminator 2*, Sarah Connor (Linda Hamilton) stopped a robot apocalypse while guarding her son from a murderous cyborg in the guise of Arnold Schwarzenegger.

The Mentor

Sandra Bullock won an Oscar for portraying the real mother that adopted a homeless teen and raised him to become a football great in *The Blind Side*.

with an oppressive work-life balance that she drafts up a rant that accidentally goes viral — sending her situation into chaos.

"For women who need and want to work, there's so many obstacles and if you choose to be a stay-at-home

mother, you're undervalued," said Kapoor about the spark that ignited her cinematic ode to motherhood. "There's an abundance of incredible research that supports these ideas but there was no mainstream, accessible movie about it. So we took the

field of dreams approach and (thought) build it and they will come."

A working mother of two herself, Kapoor insists that the main character she portrays may not be quite true-to-life, but she's a definitely a composite of truth.

"Certainly it's inspired by feelings that I've had. The character Tara is an alternate version of myself," said Kapoor, adding the story's broader message about family may be more profound. "It's about women and mothers for sure, but when you watch the movie, it's really about that struggle that impacts the whole family — it's hard on dads too when work-culture demands an enormous amount of loyalty."

A poignant topic that could've easily been dealt with a heavy hand, Kapoor made sure to give the social issue a lift of levity.

"Imagine pitching a movie on work-life balance and child care — who's going to go for that?" said Kapoor. "But if you make it and it's funny and endearing — well, the response has been wonderful."

The Bad Mother is available online at badmothermovie.com

FAMILY BUSINESS

Gwyneth Paltrow and Blythe Danner: The mother-daughter duo paired up in a 2003 acclaimed biopic about poet Sylvia Plath, simply titled *Sylvia*.

Dakota Johnson and Melanie Griffith: Before she was turning Fifty Shades of Grey, Dakota Johnson made her debut going *Crazy In Alabama* — her mom's 1999 crime comedy.

Meryl Streep and Mamie Gummer

Gummer: This famous mom-daughter combo has teamed up three times — most recently in 2015's rock n' roll comedy *Ricki and the Flash*.



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GARY GOLDSTEIN, LOS ANGELES TIMES

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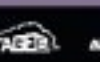
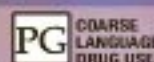
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5

INCREDIBLE CANADIAN SNORKELLING EXPERIENCES

Snorkelling in tropical waters with pretty coral and colourful fish is nice, but considering the plight of the Canadian dollar, many of us are staying closer to home. Fortunately, Canada's oceans and rivers offer some unique snorkelling experiences of their own. Here are five incredible ideas to add to your bucket list.

MARK STACHIEW/FOR METRO



1 Belugas in Manitoba

In the cold waters of Hudson Bay near Churchill, Man., visitors can get up close and personal with beluga whales. These beautiful white whales swim in small groups and are plentiful in the Canadian north. Wrapped in a thick wetsuit to keep warm, you plunge into the murky water to find yourself surrounded by belugas. The instant you submerge yourself, you are struck by the clamour of whistles and clicks as they constantly chatter with each other. Belugas seem to be as curious about us as we are about them, so don't be surprised if mother whales bring their babies up to take a closer look at you.



2 Sea stars in British Columbia

In British Columbia's Desolation Sound Marine Provincial Park, you can snorkel with the stars — the sea stars, that is. In the park's warm, nutrient-rich waters, snorkellers can admire aquatic gardens of giant sunflower stars, purple stars, mottled stars, leather stars, blood stars and painted stars along with an abundance of other marine life. As a bonus, the area's fjords and mountains offer scenery that is as spectacular above water as it is below.



3 Salmon in New Brunswick and British Columbia

Atlantic or Pacific salmon? No, it's not a menu choice at a restaurant. You can snorkel with these iconic fish on either of Canada's coasts. In British Columbia's Powell River, visitors can swim with the colourful fish from June to September as they return on their annual migration to their spawning grounds on Vancouver Island. In the east, in New Brunswick's Fundy National Park, you can team up with park scientists this September on the Upper Salmon River to count Atlantic salmon as they too head upstream to reproduce.



4 Seals in Quebec and B.C.

The first time you swim with seals you fully realize that humans are not really meant to be in the water. It's a good thing seals can't laugh, otherwise you'd know they were mocking you as they effortlessly swim around you while you fumble in your snorkelling gear in an attempt to keep up. Young seals, which are essentially puppies with fins, are especially fond of showing off. You can frolic with these fun creatures on the east coast in Forillon National Park in Quebec's Gaspé region or off of Vancouver Island near Nanaimo, B.C.

5 Humpback whales in Newfoundland

Whale watching from a boat is great, but swimming next to them in the water is so much better. You can do it in the waters off the east coast of the Avalon Peninsula in Newfoundland where humpback whales like to congregate in July and August. Swimming side by side with one of these humongous creatures is a life-changing experience. You will feel tiny by comparison and then you realize they aren't even the largest whales in the world.



WASHINGTON

Forget Capitol Hill, D.C.'s politicos make room for hipsters

Over the last decade, Washington's incumbent suit-and-tie scene has been upstaged by alternative, revitalized neighbourhoods filled with beer gardens, social sports, food trucks, locavore restaurants and artist cafés.

Not far from the National Mall and Capitol Hill, a dynamic group of chefs, brew masters, club owners and artists have cultivated a thriving nightlife — shaking the U.S. capital's staid reputation as a commuter town full of tourist traps and lobbyist-infested steak houses.

Case in point: Vendetta Bocce

Bar & Tavern on H St. N.E. Even 15 years ago, the area east of Union Station had a reputation for seediness and crime. These days it's a prime destination for those looking for a little recreation with their recreational drinking. "When people think of D.C., they typically think of all the government offices and jobs — and people who like to work hard play hard," says Bryson Lefmann, Vendetta's events and marketing manager.

Known for its free indoor bocce courts, the bar's décor is a hipster dream house of vintage

cameras, umbrellas, black-and-white family photos, and vintage Italian advertisements.

D.C. has a transient, young working population looking to be socially engaged, Lefmann adds, so "they come to our bar to do something fun." That same ethos applies to Vendetta's sister bar across the street, the H Street Country Club. Casey Hogan, the club's general manager, labels the whole gentrifying strip an "up-and-comer." His club's covered, rooftop patio plays off its name: at night, the lights flicker off the blue walls and ceiling

like reflecting pool waves. But the biggest draw is indoor, nine-hole mini-golf. The brainchild of a local artist, the D.C.-themed course even attracts customers playing the part in plaid shorts and golf caps.

Chef Kyle Bailey's Birch & Barley is one of the hottest spots on the thriving 14th St. N.W., serving beers paired to menu items such as pan-fried sweetbread and roast pappardelle.

The New York kitchen vet says D.C.'s stable staple of government-related jobs makes it less risky to launch a restaurant. But



Ben Live plays at the Black Cat on 14th Street. TORSTAR NEWS SERVICE

expense-account restos have been usurped by multicultural cuisine, tasty street food and farm-to-table kitchens like Bailey's own.

The Birch & Barley's centerpiece is an organ-designed beer tap system, its large pipes also carrying draft through the ceiling to serve its upstairs companion pub ChurchKey. The dual-venue crowd is a D.C. catch-all: young and old, suits and T-shirts, hipster and politico. D.C.'s old and new worlds are co-existing? It's nice to see someone in Washington getting along.

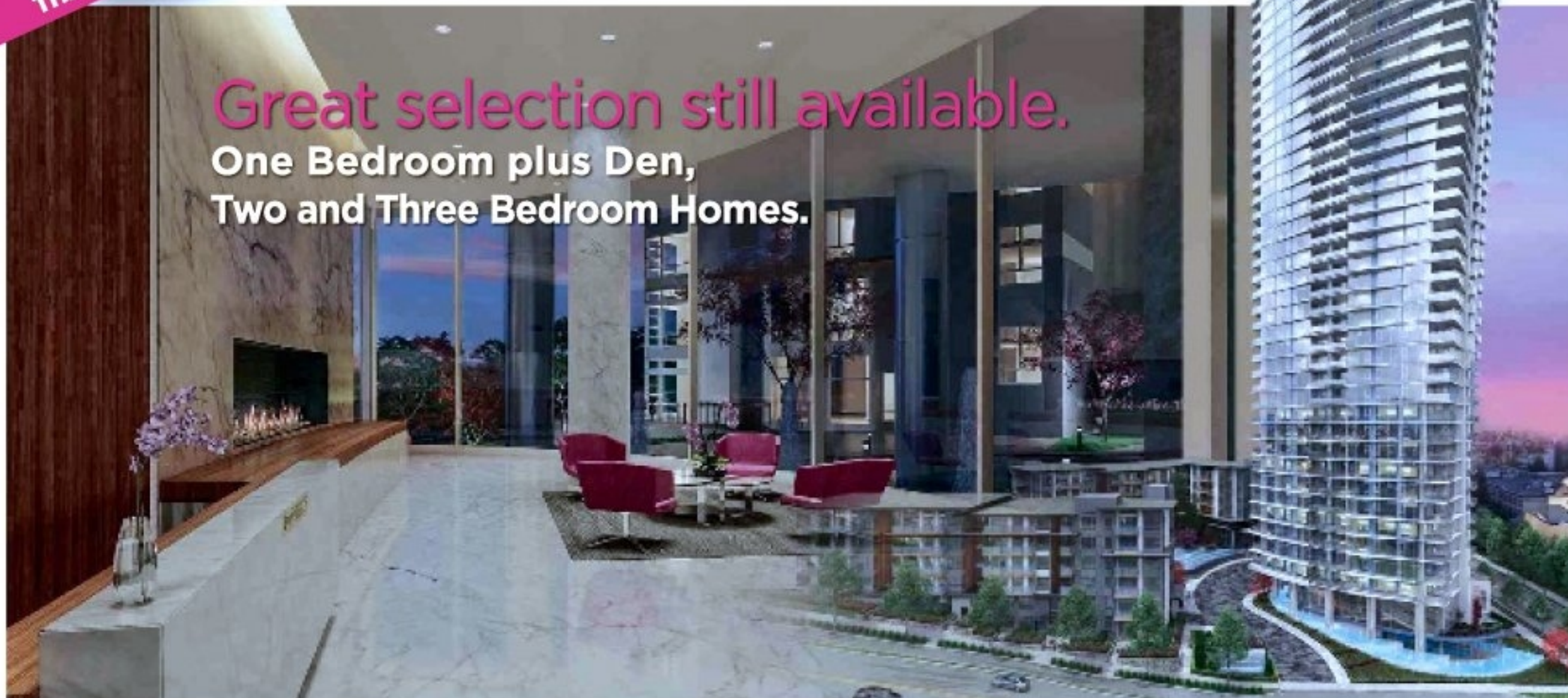
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44-year-old Jaromir Jagr, who is a finalist for the Bill Masterton Memorial Trophy, has agreed to a one-year contract to return to the Panthers



Jonathon Jennings' performances in six games last season earned him a new deal with the B.C. Lions. THE CANADIAN PRESS

Jennings locked into new Lions contract

CFL

Pivot's 6-game audition last season enough to earn deal

A six-game audition was enough to earn Jonathon Jennings a new contract with the B.C. Lions.

The CFL club inked the 23-year-old to a new deal through 2018 on Thursday, rewarding the quarterback for his strong play while also avoiding what could have turned into a major training camp distraction.

Jennings rocketed up the depth chart last season after injuries to veterans Travis Lulay and John Beck, and was slotted into No. 1 job heading into 2016 despite still being on a rookie agreement that paid him a fraction of what top quarterbacks in the league earn.

The new contract puts any possible friction neatly to bed

before the Lions gather in Kamloops at the end of the month.

"This was extremely important," said head coach and general manager Wally Buono. "We want camp to be about football. We don't want camp to be about other things."

Jennings said it was always his plan to be in Kamloops regardless of his contractual status, but admitted that getting a deal done now allows him to focus solely on the field.

"I didn't feel like I was going to hold out," said the Saginaw Valley State product. "That would not have been good for anyone, but I'm glad that there was a mutual respect on both sides."

"I had a lot of faith in Wally. He prides himself on doing the right thing. I was very grateful for that."

A native of Columbus, Ohio, Jennings finished with a 3-3 record in six regular-season starts in 2015, completing 66 per cent of his passes for 2,004 yards with 15 touchdowns against 10 interceptions before getting injured in the Lions' playoff loss to the Calgary Stampeders.

Buono said the small statistical sample size was taken into account when assessing whether to tear up the old contract, but added he had seen enough to justify the move and give his Jennings some peace of mind.

"The right thing to do was put Jonathon in a better financial position," said Buono. "What we're asking him to do, what his responsibilities are going to be, is going to be big."

"To help him feel good about his contract, for us to feel good

about our future, and to make sure when we go to training camp the only focus is football, I think everybody's a winner."

Numbers aside, it was Jennings' poise in the pocket and even keel under pressure that was perhaps the most impressive aspect of his first season.

"Where his ceiling is, none of us know," said Buono. "I do know that he takes it seriously, he prepares well, he prepares hard, he stays humble and he's got tremendous athletic skills."

For his part, Jennings said he understands there will be more pressure and more eyes on him.

"If you don't perform in professional ball, or professional sports in general, then you're not going to be there," he said. "I expect big things out of myself."

Lulay remains on the roster along with fellow quarterbacks Greg McGhee, who dressed for 10 games last season, and Keith Price, signed in the off-season from the Saskatchewan Roughriders. THE CANADIAN PRESS

NHL PLAYOFFS

Dallas levels series after Eakin's winner

Cody Eakin scored at 2:58 of overtime and the Dallas Stars beat the St. Louis Blues 3-2 on Thursday night, bouncing back from a blowout loss two days earlier to tie the second-round series at two games apiece.

Patrick Sharp set up the winner and also scored for the Stars, coming off a 6-1 loss in Game 3. Rookie Radek Faksa had the other goal.

Vladimir Tarasenko scored his sixth goal of the playoffs on a first-period breakaway and added an assist for St. Louis, giving him five points in the last two games. Paul Stastny also scored off a deflection from Tarasenko.

Game 5 is Saturday in Dallas.

GAME 4 in St. Louis



Eakin has a goal and seven assists in the post-season. He beat Brian Elliott on a 3-on-2 break after the Blues pressured goalie Kari Lehtonen on the opposite end.

The Stars are 1-2 in overtime in the playoffs and the Blues are 2-2.

THE ASSOCIATED PRESS

NFL

Seattle's Beast Mode officially retired

Beast Mode is in retirement mode. The Seattle Seahawks placed running back Marshawn Lynch on the NFL's reserve/retired list Thursday, making official what was implied in February when Lynch indicated he was ready to end his football career.

The star running back was placed on the list Thursday. It was a procedural step, but one that needed to be taken to make Lynch's intended retirement official.

Lynch stole attention from the fourth quarter of the Super Bowl in February when he posted a picture on Twitter with



Marshawn Lynch
GETTY IMAGES

a pair of green football cleats hanging from a telephone or electrical wire. His agent confirmed a day later that Lynch intended to retire.

Lynch will step aside after nine seasons in the league. Six of those came in Seattle, where he played in the post-season five times. THE ASSOCIATED PRESS

MLB IN BRIEF

Edwing and Jays take flight to crush Rangers

Edwin Encarnacion hit a bases-clearing double in Toronto's five-run first inning and later added a three-run homer as the Blue Jays crushed the Texas Rangers 12-2 on Thursday night at Rogers Centre.

The Toronto slugger belted a no-doubt blast off Rangers starter Derek Holland in the third inning for his fifth homer of the season. THE CANADIAN PRESS

Mariners win fourth straight

Robinson Cano had three hits and his tiebreaking three-run double in the ninth inning lifted the Seattle Mariners to their fourth straight win, 6-3, over the Houston Astros on Thursday.

The bases were loaded with one out in the ninth when Cano cleared them with his double off Luke Gregerson (0-1) that sailed just out of reach of centre fielder Carlos Gomez.

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How Lowry got his groove back

RAPTORS SERIES TIED 1-1

Dinos get even with Heat for OT setback in opening game

Kyle Lowry bounced back into all-star form to lift the Toronto Raptors to a 96-92 overtime victory over the Miami Heat on Thursday evening, their second-round playoff series at one win apiece.

Lowry had 18 points, including two clutch baskets in the final minute of regulation, just two nights after what had to be one of the worst games of his career.

DeMarre Carroll scored 21 points, Jonas Valanciunas had 15 points and 12 rebounds, DeMar DeRozan chipped in with 20 points, and Terrence Ross added 10.

Luol Deng capped an 8-0 Heat run with a three-pointer to give Miami a seven-point lead with six minutes to play. But the Raptors clawed their way back over

a thrilling final few minutes of regulation, and a long jump shot by Lowry with 45 seconds left gave Toronto a four-point lead.

After Dwyane Wade drilled a three-pointer, Lowry fired back with a basket, but Goran Dragic, who played the second half with eight stitches in his lip, sank a heartbreaking three with 10.5 seconds left to send the game into overtime tied 86-86.

Toronto dominated in OT, virtually the reverse of Tuesday's game. Miami missed its first five shots, and the Raptors had baskets from DeRozan and Valanciunas, who was huge down the stretch. Free throws in the dying seconds from Cory Joseph, DeRozan and Lowry iced the victory. THE CANADIAN PRESS

GAME 2 In Toronto



Raptors point guard Kyle Lowry shoots over the Heat's Josh Richardson on Thursday night.

FRANK GUNN/THE CANADIAN PRESS

NBA IN BRIEF

Curry doubtful for Game 3

Stephen Curry did not practise Thursday with the Golden State Warriors and is unlikely to play in Game 3 of the Western Conference semifinals at Portland.

Curry did some work on the court but has yet to scrimmage.

Wall has knee operated on

Washington Wizards all-star guard John Wall underwent left knee surgery and is expected to be ready for the start of next season.

The team said Wall had a procedure done to remove calcium deposits in his left knee to eliminate pain and help him heal more effectively.

Pacers cut ties with Vogel

Frank Vogel will not return as Indiana Pacers coach next season.

Pacers president Larry Bird says the team will not renew Vogel's contract for next season. Bird says he believes it's time for a new voice to lead the Pacers.

THE ASSOCIATED PRESS

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PHOTO: MAYA VISNVEI

Ceri Marsh & Laura Keogh
For Metro Canada

You're not thinking about letting the Mom in your life make breakfast on Sunday, are you?

Ready in
Prep time: 5 minutes
Cook time: 15 minutes

- Ingredients**
- 1 cup old fashioned oats
 - 1 cup spelt flour
 - 1/4 brown sugar
 - 1/2 tsp baking soda
 - 1 1/2 tsp baking powder
 - 1/2 tsp ground cinnamon
 - 2 eggs
 - 3/4 cup milk
 - 3/4 cup plain Greek-style yogurt
 - 1/2 tsp vanilla extract
 - 2 ripe bananas, mashed
 - 1/2 cup dark chocolate chips
 - 4 Tbsp butter

Directions
1. In a large mixing bowl, combine

oats, flour sugar, baking soda, baking powder and cinnamon.

2. In a separate bowl, whisk eggs, milk, yogurt and vanilla. Combine yogurt mixture with dry ingredients and then fold in bananas.

3. Heat 1 tablespoon of butter in a large skillet over medium heat. Use a 1/4 cup measure to pour batter in your hot pan, leaving some space between pancakes in the skillet. Cook pancakes until bubbles appear on top and the underside is golden brown then flip and cook another 1 to 2 minutes. Add another tablespoon of butter to pan between batches and work until batter is finished.

4. Serve with warm maple syrup, agave or honey.

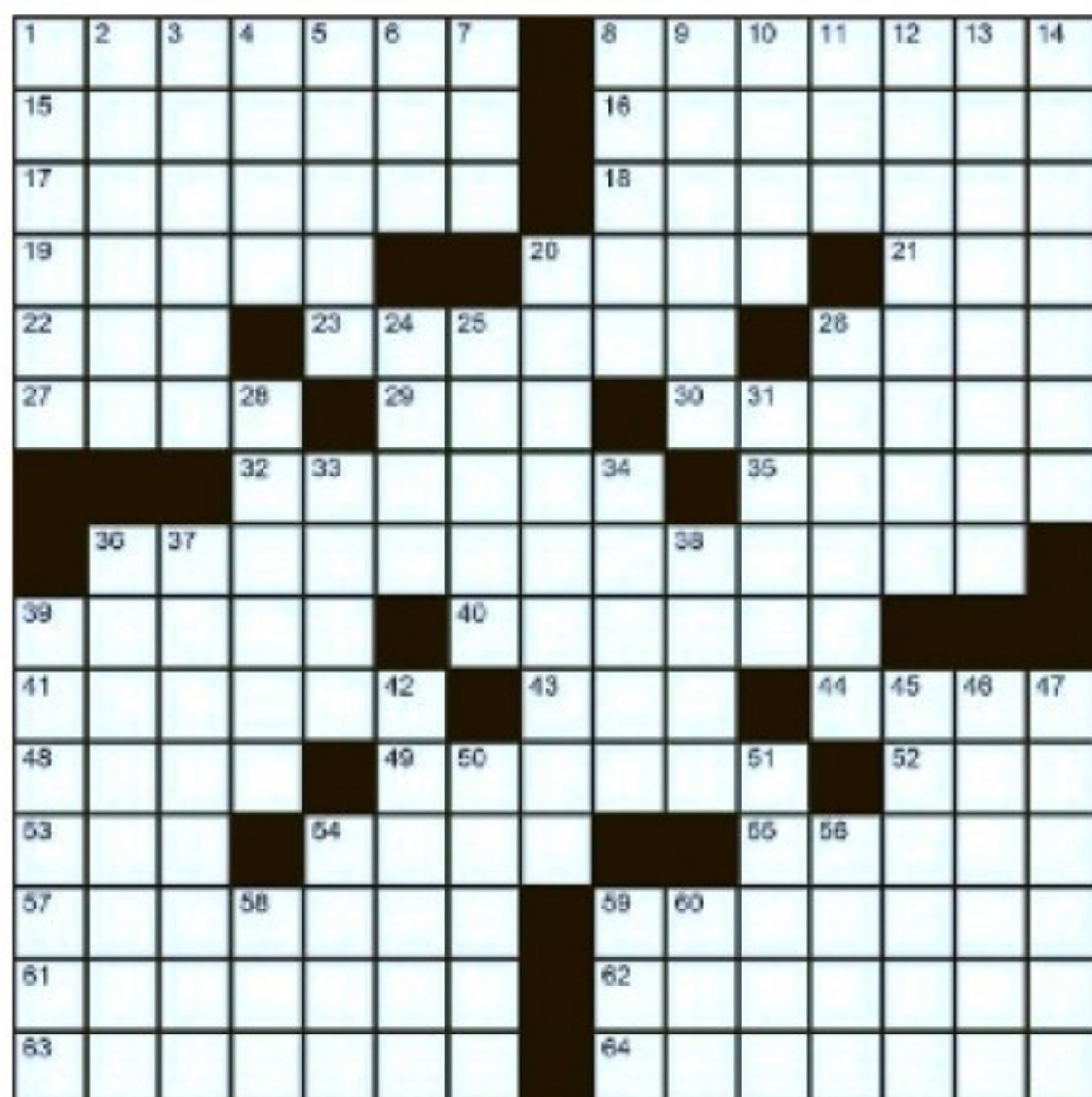
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CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

- Clearly expresses
- Minstrel musicians
- Mosque tower
- Up the proverbial creek: 3 wds.
- Autocratically
- Potassium _
- Handle
- Advantages
- Music style
- Eliminate
- Canucks (note the 's'), as opposed to Canuck
- Assist
- Acknowledged
- Hot season in Montreal
- "The Partridge Family" character played by Susan Dey
- Biblical book/prophet
- Canadian Politics: Nicknames of the Liberals
- Famous event
- Canadian racehorse Northern Dancer won in 1964: 2 wds.
- _ sock (Do darning)
- Celine's "The Prayer" duettist
- Pre-born social insect: 2 wds.
- Canadian rapper, JD _
- Disapproving sound
- Munchies/treats, advertising-style
- English class assignments
- Comprehend
- X



- Captivating animal attractions
- Fashion: _ couture
- Port city in North Africa on the Mediterranean
- Became full from the buffet
- "Circle in the Sand"

- by _ Carlisle
- Fixed the suit jacket in a way
- Tonsil's pal
- Wine storage rooms

DOWN

- Set sail
- Bow's instrument
- Not outdoors
- Spaceflight gr.
- Crunchy
- Snake-like splasher
- Pen
- The Balance
- Get the newly-purchased rug ready for use
- New Mexico art colony
- Doctrine
- Bible: Eve was created from one: 2 wds.
- Wholeness
- Grassy expanses

- on plains
- As per #36-Across... The other big thoroughbred horse race Northern Dancer won in 1964, _ Stakes
- French for 'the water'
- Mohawk Valley city in New York
- "Whoopee!"
- Glass cleaning brand
- Pulitzer-winning writer James
- Male deer
- Mythological multi-headed monster
- Put the dogs in a boarding shelter, States-style
- Mire
- Sturdy horse cart
- Flat-roofed tomb of ancient Egypt
- Lieutenant Commander _ La Forge ('Star Trek' universe character)
- The Night of the _ (Tennessee Williams play)
- Jet- _ (World traveller)
- War horses
- "What a pity": 2 wds.
- Beach trinket
- _ of Elea (Ancient Greek philosopher)
- Seed coat
- "Am _ your way?"
- Legendary monster
- Peace sign's spelled-out shape

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today is the best day of the year to take stock of what you own. Do your wealth and assets make your life easier? After all, that's the objective, isn't it?

Taurus April 21 - May 21
Take a realistic look in the mirror today to see how you can make a better impression on your world. (This is the best day of the year to do this.)

Gemini May 22 - June 21
For one more month, you must be patient with partners and close friends. After that, these relationships will be far less demanding.

Cancer June 22 - July 23
Friendships are important, whether you are an extrovert or an introvert. Actually, your friends are a reflection of who you are. Think about this today.

Leo July 24 - Aug. 23
Today's New Moon is the best day all year to observe your style of relating to authority figures — bosses, parents and VIPs. Are you gracious or competitive?

Virgo Aug. 24 - Sept. 23
What further education or training will help to improve your job? What travel might you do to enrich your life?

Libra Sept. 24 - Oct. 23
You will have greater peace of mind if you work to reduce your debt. This is the perfect day to think about how to do this.

Scorpio Oct. 24 - Nov. 22
Scrutinize your partnerships and closest friendships today, because this is the best day of the year to do this. (That's because today is the only New Moon opposite your sign all year.)

Sagittarius Nov. 23 - Dec. 21
What can you do to improve your job or the way that you do your job? The whole point of efficiency is to make things easier for you.

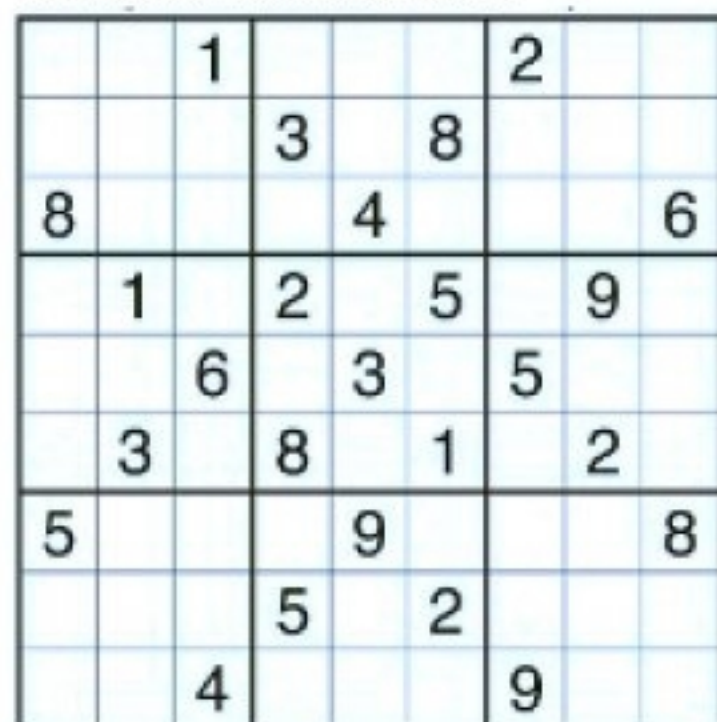
Capricorn Dec. 22 - Jan. 20
"No pain, no gain" is a Capricorn belief. But in truth, we all need to play every day! Do you balance play with work? Think about this today.

Aquarius Jan. 21 - Feb. 19
Think of several ways that you might improve your home, as well as your relationships with family members. Today's New Moon is the best day of the year to think about this.

Pisces Feb. 20 - March 20
It's important to be as clear as you can in all your communications with others. Observe your style of communicating. Do you really listen to others, or do you just wait for a chance to speak?

CONCEPTIS SUDOKU by Dave Green

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2	6	5	8	3	1	9	4	7
4	9	1	7	5	6	2	3	8
3	7	8	2	4	9	1	5	6

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